



# Think you know about mental illness?

**FACT**

There is hope for people with mental illness.

**FACT**

Mental illness can happen to anyone. No one is immune regardless of age, race, income, or education.

**FACT**

People who have a mental illness can graduate high school or have a successful job just like anyone else. A number of political leaders, artists, musicians and professional have achieved greatness despite their mental illness.

## What IS a Mental Illness?

A mental illness is a health condition that causes changes in a person's thinking, mood or behavior. Mental illness is more common than heart disease and cancer combined.

## What is Stigma?

Stigma is one of the main reasons people do not seek treatment. If you have a family member or a friend with a mental illness, or if you have a mental illness, please remember recovery is possible! You can play a big role in fighting the stigma of mental illness by encouraging your friends and family to seek help.

**By being a friend who is understanding, accepting and compassionate, you can make a difference!**

## How You Can Help

Express your concern. Ask for more details about how your friend or family member is managing.

## Don't think you can't do anything

Encourage your friend or family member to get help. If you are someone you know needs help, contact the Mississippi Department of Mental Health's Helpline at 1-877-210-8513.



For more information, call the Mississippi Department of Mental Health at **1.877.210.8513**

# Shatter the Silence

**SUICIDE  
THE SECRET  
YOU SHOULDN'T  
KEEP**

## WARNING SIGNS:

- Talking, thinking or writing about suicide
- Talking about feeling worthless or hopeless
- Losing interest in activities
- Using or increasing use of drugs or alcohol
- Any changes from typical behavior

**TALKING THROUGH FEELINGS WITH YOUR FRIENDS AND TRUSTED ADULTS CAN HELP YOU REALIZE THE NEED FOR HELP. BY SHOWING CONCERN AND SUPPORT, YOU CAN ENCOURAGE YOUR FRIEND TO TALK TO THEIR PARENTS OR ANOTHER TRUSTED ADULT ABOUT GETTING HELP.**

## WHERE TO GO FOR HELP OR INFORMATION

- Go to the nearest emergency room
- Call the National Suicide Prevention Lifeline at 1.800.273.TALK (8255)
- Visit [www.dmh.ms.gov](http://www.dmh.ms.gov)
- Visit [www.whatadifference.org](http://www.whatadifference.org)

If Your friend tells you they are having thoughts of suicide...

## WHAT TO DO:

- Be honest and express your concern
- Listen and offer support
- Take them seriously
- Offer to accompany them to seek help

## WHAT NOT TO DO:

- Think it will go away
- Keep it a secret
- Think nothing can be done
- Think you can fix it all by yourself

